

Great Expectations[®]

FOR HEALTH

A BlueChoice HealthPlan newsletter for women

Fall 2011

Women's Health Newsletter

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Screenings

Screening mammograms are crucial tools in detecting breast cancer.

Pap screenings are used to detect abnormal cells in the cervix and help to prevent cervical cancer.

Ask your doctor when you should get a mammogram and Pap screening.

Got Screenings?

Milk does a body good. That's what we were told growing up. While we know that drinking milk and other good diet habits are important, they're not the only healthy things we should do for our well-being. As adults, we know that getting the recommended screenings, like mammograms and Pap smears, also play a role in our health.

That's why BlueChoice HealthPlan continues to encourage women of all ages to get the recommended health screenings.

In fact, all members who mail documentation of their mammogram and Pap screenings to us by Dec. 31 will be entered into a drawing for a \$50 gift card.

To be eligible for the mammogram drawing, you must mail documentation of your 2010 or 2011 mammogram.

To be eligible for the Pap screening drawing, you must mail documentation of your 2009, 2010 or 2011 Pap test.

Documentation must be from a doctor's office and include your contact name, email address and BlueChoice HealthPlan member ID number. Mail to:

**BlueChoice HealthPlan
P.O. Box 6170, AX-310 PRV
Columbia, SC 29260-6170**



For healthy lifestyle tips, find us at [Facebook.com/BlueChoiceSC](https://www.facebook.com/BlueChoiceSC).

For more information about your benefits or to find a contracting testing facility near you, call 800-868-2528 to speak to a customer service representative.

New Food Guidelines

Recently, the USDA changed from its popular Food Pyramid to a portion-controlled plate.

With the new guidelines, maybe it will be easier for you to eat more healthfully.

To see what a healthy meal should look like, visit choosemyplate.gov.

Your Daughter and Cervical Health



Like most moms, you strive to guide and protect your daughter. Does that include protecting her from cervical cancer? Most cervical cancers are caused by human papillomavirus (HPV). You can help protect your daughter from cervical cancer by making sure she gets the recommended HPV vaccine.

The American Cancer Society recommends that all girls ages 9 to 18 get vaccinated against HPV. The vaccine consists of a series of three shots. All of them must be given to provide full protection.

Young women ages 19 to 26 should also talk with their doctors about getting the vaccine, if they have not already.

Taking steps to avoid cervical cancer can be easy. Make sure your young daughter gets vaccinated against HPV.

ALSO: If your daughter is sexually active, it's important for her to get routine screenings. Ask her doctor if she's ready for a gynecological exam, including a Pap test, which can detect cancer of the cervix. If her doctor recommends a Pap test as part of her checkup, ask if she should also get the chlamydia screening, as this can be done at the same time. The Centers for Disease Control and Prevention (CDC) recommends yearly chlamydia testing of all sexually active women ages 25 or younger. Older women with risk factors for chlamydia infections, along with all pregnant women, should also be tested.

Mom, continue to protect and guide your daughter. This can help protect her cervical health and improve her overall quality of life.

Colonoscopies: We've Got You Covered

At BlueChoice HealthPlan, we cover routine screenings for colonoscopies at 100 percent, including doctors' services and standard anesthesia.

Now, if you have a colonoscopy screening, and need additional anesthesia services, that fee is covered at 100 percent also.

Colonoscopies are one way that your doctor can test you for colon cancer. If you are 50 or older, you are at risk for colorectal cancer.

Talk to your doctor about which colon cancer test is right for you.

Celebrate Life and Get Your Mammogram



This is a year of celebration for Lisa Helfer. She celebrated her 50th birthday and took the trip of a lifetime to Italy. Her “baby” graduated from high school and is off to college. She is enjoying her stepchildren and three grandchildren. The biggest celebration of all? April 2 marked what she calls her 10-year “cancerversary.”

“In some ways, this is the most important milestone, because without it, I wouldn’t be here to experience all the other joys and milestones in my life,” Lisa said.

Being diagnosed with breast cancer a few weeks after her 40th birthday was a shocking revelation for Lisa since she didn’t have a strong family history. It was discovered on a routine screening mammogram that she decided to get solely because she was turning 40. “If I hadn’t followed the national guidelines for screening, I don’t think I would be here today,” she said.

The diagnosis started a whirlwind of activity. Lisa had surgery, chemotherapy and radiation. With the help of wonderful medical care, a positive attitude and the support of loving family, friends and coworkers, Lisa has healed and continues to celebrate being cancer-free.

And in October she was named the Palmetto Health Foundation’s 2011 Walk for Life/5K Race for Life featured breast cancer survivor. For more information on this year’s Walk for Life, visit palmettohealthfoundation.org.

October Is Breast Cancer Month

Did You Know? October was breast cancer awareness month. The American Cancer Society recommends that women age 40 and older have a screening mammogram every one to two years. For most BlueChoice HealthPlan members, screening mammograms are covered at 100 percent with your doctor’s referral to a participating mammogram facility. Please contact 800-327-3183, ext. 25294, to find a facility near you.

Also, ask whether your employer will sponsor a mobile mammogram testing unit at your work site. Employers can contact us at 800-327-3183, ext. 25294, to learn more about the mobile units.



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This newsletter is for BlueChoice HealthPlan members. It provides information only and does not replace the advice of your doctor. You always should see your doctor for personal medical advice.

Do you have questions about your BlueChoice HealthPlan coverage? Try our website at BlueChoiceSC.com. We're open 24 hours a day here!

*Member Services Phone Numbers:
803-786-8476 or 1-800-868-2528
8:30 a.m. to 8:30 p.m., Monday - Friday*

Email: BlueChoice.SC@BlueChoiceSC.com

Website: BlueChoiceSC.com



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